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MAR 01 2007

Resk has no fluid in the cylinder on opposite sides of the piston, and wherein the resistance comprises resistance to flow of fluid between opposite sides of the piston as the piston is moved through the cylinder of claim 2.

Resk does not have the resistance is adjustable by varying flow rate of the fluid between the opposite sides of the piston of claim 3.

Resk does not have the resistance is variable in response to varying force between the bars for extending the piston rod from the cylinder and moving the piston rod into the cylinder of claim 4.

Resk does not have the resistance is variable in response to varying speed between the bars for extending the piston rod from the cylinder and moving the piston rod into the cylinder of claim 5.

Resk does not have a flow passage between sides of the piston and a restrictor on the passage for restricting flow of claim 8.

Resk does not have "the restrictor is adjustable" of claim 9.

Resk does not have moving hydraulic or pneumatic fluid from one end to the other end of the cylinder with the relative movement of the handles and of the ram and the cylinder of claim 11.

Resk does not have a first bar placed through a first ring on a closed end of the cylinder, and gripping a second pair of handles on opposite ends of a second bar placed through a second ring on an outer end of the ram of claim 12.

Resk does not have "placing the first pair of handles under knees of a user in a seated position, and wherein the gripping of the second pair of handles comprises gripping the second pair of handles with hands of a user near a chin and holding the hands in relative position to the

chin, moving the first pair of handles by alternately bending a user's trunk forward and raising the trunk against fluid resistance of movement in the cylinder by the ram, thereby exercising the user's abdominal muscles" of claim 13.

Resk does not have "placing the first pair of handles under knees of a user in a seated position, and wherein the gripping of the second pair of handles comprises gripping the second pair of handles with hands, palms facing inward, and holding a user's back straight and elbows stationary, raising and lowering the first pair of handles against fluid resistance of movement in the cylinder by the ram, and exercising the user's biceps" of claim 14.

Resk does not have "placing the first pair of handles under knees of a user in a seated position, and wherein the gripping of the second pair of handles comprises gripping the second pair of handles with hands, palms facing outward, and holding a user's back straight and elbows stationary, lowering and raising the first pair of handles against fluid resistance of movement in the cylinder by the ram, and exercising the user's triceps" of claim 15.

Resk does not have "placing the first pair of handles under feet of a user in a standing position, and wherein the gripping of the second pair of handles comprises gripping the second pair of handles with hands, palms facing inward and knees slightly flexed, and raising and lowering the second pair of handles by lifting and lowering the user's back against fluid resistance of movement in the cylinder by the ram, exercising back and abdominal muscles in an upright rowing exercise" of claim 16.

Resk does not have "placing the first pair of handles under feet of a user in a seated position, and wherein the gripping of the second pair of handles comprises gripping the second pair of handles with hands behind the user's knees and squatting and straightening the user's legs against fluid resistance of movement in the cylinder by the ram in a squat exercise" of claim 17.

Resk does not have one hand near the first ring, gripping the second pair of handles with the other hand near the second ring, palms facing inward, and exercising chest and back muscles by pushing the first and second pairs of handles toward each other and pulling the first and second pairs of handles away from each other against fluid resistance of movement in the cylinder by the ram in chest flies of claim 18.

Resk does not have "twisting a collar on the cylinder in staged resistance steps for adjusting resistance in the cylinder" of claim 19.

Resk does not have "adjusting resistance in the cylinder" of claim 20.

With regard to claim 6, Applicant traverses the holding of obviousness based on hearsay of a secondary reference and as not citing a correct line in col. 1 of the secondary reference. If the examiner wishes to use the reference patent cited by the secondary reference, it is requested that the patent be cited.

Huang is a cylinder for use in an exercising apparatus which is not shown. Huang col. 2, l. 39.

Huang does not have a first handle extending through the first mounting ring and having opposite equal length ends of the first handle on opposite sides of the first ring; a second handle extending through the second ring and having opposite equal length ends of the second handle on opposite sides of the second ring; and foam padded handle grips, each respectively mounted on the ends of the first and second handles of claim 10.

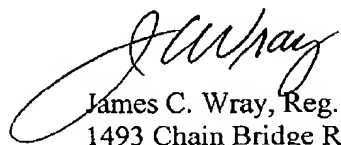
Neither of the references anticipated the present invention as claimed.

Resk would not have rendered obvious the invention as claimed in claim 6.

CONCLUSION

Reconsideration and allowance are requested.

Respectfully,



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Date: 3/1/07